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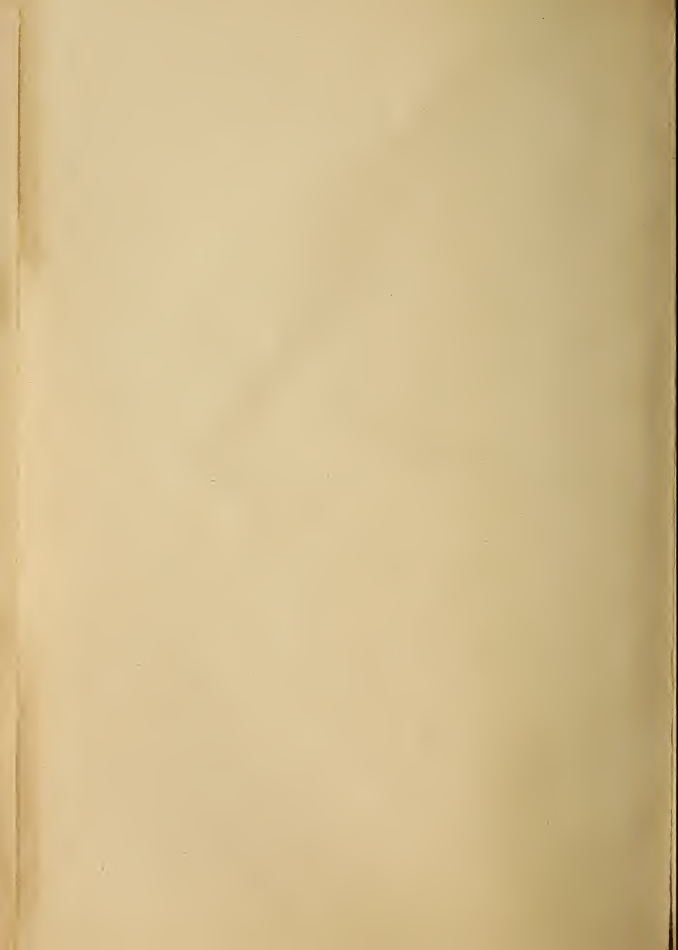
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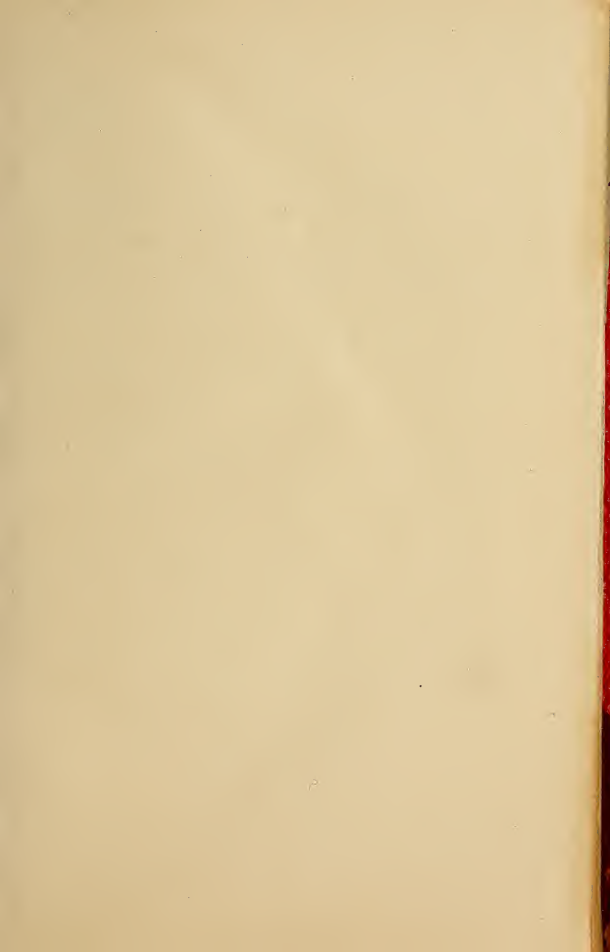
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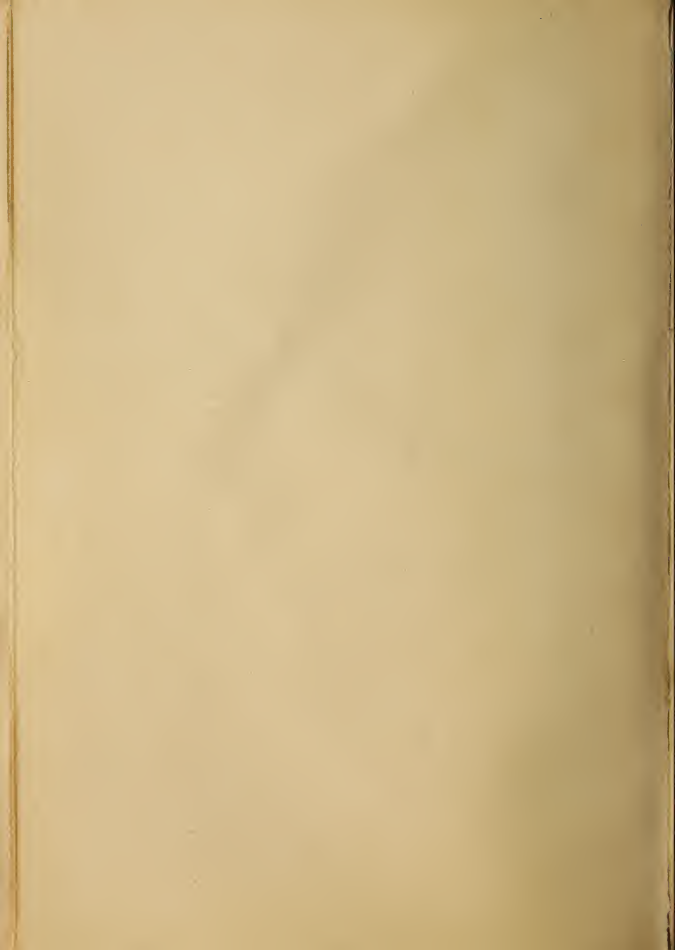
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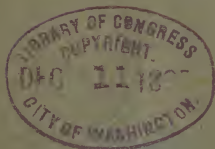
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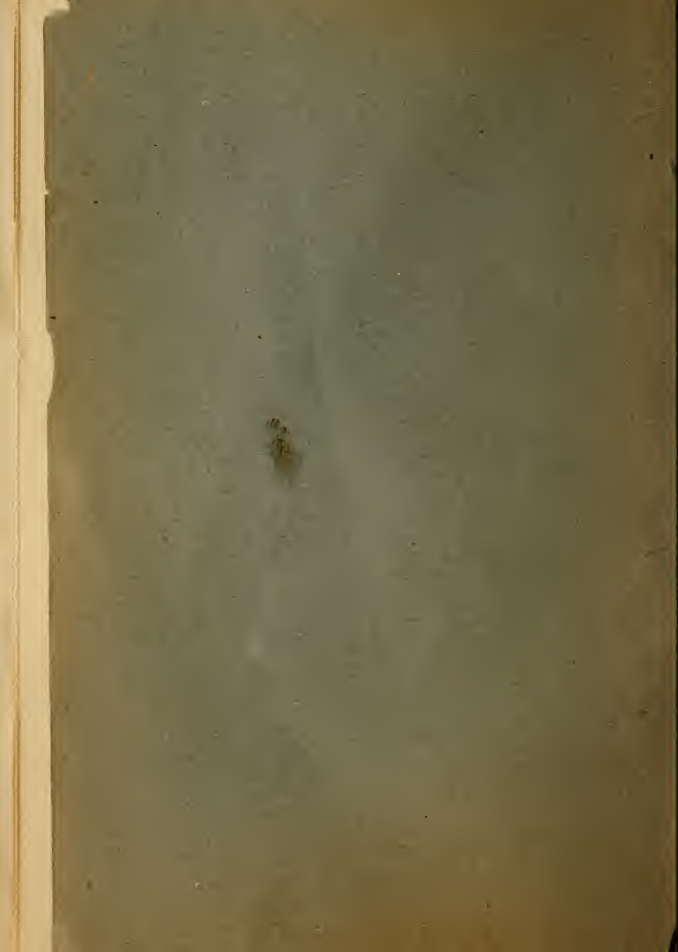








Indian
Club —
Programs





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INDIAN CLUB PROGRAMS

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CENTRAL CITY, NEB.
FITCH BROS., PUBLISHERS
1895

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PREFACE.

Perhaps the fact that Indian club movements may be combined in almost endless variety accounts for the fact that, so far as the writer knows, no publication giving such combinations in program or continuous series, is on the market. Such a program must at best be largely suggestive — putting the student, rather, in the way of forming his own combinations than exhausting the subject for him — and it is as such suggestion that the author hopes the following pages will fill a want of which he himself, at least, was quite conscious when the “poetry” of the Indian club exercise first led him to become a disciple of the art.

DEFINITIONS AND PRELIMINARY STATEMENTS.

Although, as has been stated, there is no lack of variety to the combinations of which the Indian club movement is capable, the elemental movements themselves are comparatively few in number. Those principally used in the following programs are herewith defined, and will hereafter be known by the symbols accompanying their several definitions in parentheses. The movement is defined as executed with the right hand; the corresponding movement with the left hand will of course need no explanation.

Outer Front Circle (O).—A circle described with the shoulder as a center and the arm and club, extended in a straight line, as a radius, passing over to the right and under to the left, in front of the body.

Inner Front Circle (I).—The same circle executed in the opposite direction.

Outer Back Circle (Q).—A small circle described with the hand, as a somewhat movable center, operating slightly to the right of the

shoulder, and the club, as a radius, passing over to the right and under to the left, behind the back.

Inner Back Circle (J).—The same circle (except that the hand passes more to the left, carrying the arm directly over the shoulder) executed in the opposite direction.

Outer Lower Front Circle (OL) and *Inner Lower Front Circle (IL).*—Small circles (whose directions are indicated in preceding paragraphs) described with the hand as a center, extended downward at arm's length and held squarely in front of the body.

Outer Upper Front Circle (OU) and *Inner Upper Front Circle (IU).*—Small circles described with the hand as a center, held in front of the face.

Outer Lower Back Circle (OB) and *Inner Lower Back Circle (IB).*—Small circles described with the hand as a center, held squarely in rear of the body at the small of the back. (This is a difficult motion and will require considerable practice.)

Moulinet (M).—A small circle described in a vertical plane at right angles to the front or back of the body, with the hand as a center, held

(unless otherwise indicated) more or less advanced, as may be required, in front of the shoulder, the club passing over to the front and under toward the rear.

The right hand will be designated by "r"; the left hand by "l"; both hands by "b". Thus, "Or" means the Outer Front Circle with the right hand; "Jb" the Inner Back Circle with both hands (the clubs crossing each other).

The word "correspondent" will be understood to mean the same motion or series of motions executed on or toward the opposite side of the body. Thus, "Or and Il" is the correspondent of "Ol and Ir."

Some slight modifications of the movements above defined will not infrequently be found necessary in combining one with another, but the modification, it is believed, where not defined will be apparent.

The programs here given are divided off into measures of eight counts each, the heavier heading numeral indicating the measure, and the lighter ones at the beginnings of the paragraphs the counts.

TWO-HAND SERIES.

Performer in position.—Body erect; clubs, pointing vertically upward, grasped by hands at handles a few inches in front of the shoulders; elbows down.

1.

No movement.

2.

1 to 4. No movement.

5. Mb.

6. Jb.

7. Bring the clubs to the front, pointing vertically upward, and tap them—hands a little above and in front of the head.

8. Ql and Jr.

3.

1. Throw clubs over to the left, with arms extended, and swing them down in front of the body until they are both extended horizontally to the right.

2. Swing them back until they both extend horizontally to the left.

3 to 8. Continue this pendulum movement through the measure, one swing to each count.

4.

1 to 8. Execute the pendulum movement behind the back, except that on first and last counts the right hand passes in front of the body.

5.

Turn the body slightly to the left in this measure, executing the movements in the same planes as before.

1 to 7. Ql and Ir, each count.

8. Ol and Ir, concluding with clubs extended horizontally to the right.

6.

This measure is the correspondent of the preceding.

7.

Ol and Ir each count, ending as in Measure 5.

8.

The correspondent of the preceding, except that on the last count care should be taken to elevate the clubs preparatory to executing the next movement.

9.

1 to 7. Ql and Jr, each count.

8. The correspondent of 8 in preceding measure.

10.

The correspondent of the preceding, except that clubs are horizontal at the conclusion of the measure.

11.

1. Turn far enough to left (for this count only) to execute Mb—in same planes as other circles.

2 to 8. Ql and Ir alternating with Ql and Jr.

12.

1 to 8. Ql and Jr alternating with Ol and Jr.

13.

1. Ql and Jr.

2. Ql and Ir.

3. Ql and Jr.

4. Ol and Jr.

5 to 8. Repeat the preceding four.

14.

1 to 8. Ql and Jr alternating with Ol and Ir.

15 to 18.

These measures are the correspondent of the preceding four, except that clubs should be elevated some little above the horizontal at conclusion of last measure.

19.

1. Right club pendulums to the right; left club parallels behind the back, left arm passing over the head, and crosses over right to the front, clubs being elevated (as before) at conclusion of movement.

2. The correspondent of the preceding.

3 to 8. Continue the preceding two.

20.

Left hand alternates Q and O through this measure; right hand pendulums to the right and there commences corresponding series, executing Q while the left hand is executing O, and *vice versa*. At conclusion of measure let left club be passing over the head, pointing horizontally to the right.

21.

1. Drop left club behind the head in pendulum movement to the left, concluding with arm and club extended in horizontal line; right club at the same time executing the correspondent of 8 in preceding measure. (Be careful to bring the point of the left club squarely up from beneath in this movement, and not throw it over the hand or out at the side.)

2. The correspondent of the preceding.

3 to 8. Continue the preceding two, except that on 8th count right club executes J, passing around to front of left club at conclusion of movement.

22.

Through this measure right club executes I and J alternately, while left club executes J and I alternately.

23.

Right club executes M and J alternately, while left club executes J and M alternately.

24.

Jb and Ib alternately.

25.

Jb and Mb alternately.

26.

Jb each count.

27.

1. Mb.

2. Same as preceding, except that clubs come up on the inside of, or between, the arms, instead of outside.

3 to 8. Continue the preceding two.

28.

1. Mb.

2. Pendulum the clubs to the rear (without lowering the hands).

3 and 4. The reverse of 1 and 2, clubs extending horizontally to the front at the conclusion of 4, the hands somewhat advanced.

5 and 6. Mb each count.

7. Pendulum to rear, hands turning to inside and passing to arm-pits, clubs swinging well up behind.

8. Pendulum to front.

29.

1. Mb.

2. Same as 2 of 27, except that clubs pass over arms, just above same, to the outside, at the conclusion of the movement.

3. Pendulum to the front.

4. Mb.

5 and 6. Same as 7 and 8 of preceding measure.

7. Mb.

8. Same as the left-hand movement of 1, in 21, and its correspondent.

30.

Ob and Qb alternately, right club uppermost on last count, left club halting when pointing horizontally to the right.

31.

This measure is the same as 21, except that each hand, as it reaches its lowest position in front of the body, executes OL, and, as it passes down behind the head, executes J, the OL of either club occurring simultaneously with the J of the other.

32.

The same as the preceding, except that on the last count left club pendulums full to the right.

33.

1 and 2. Or and Il, with OLR and ILl on the way.

3. Qr and Jl.

4 to 6. Repeat the preceding three.

7. Or and Il.

8. Mb (as in 1 of 11).

34.

The correspondent of the preceding.

35.

1 and 2. Both clubs pendulum simultaneously to the left, left club in front of the body, executing IL in passage, and the right club behind the back, executing OB in passage.

3 and 4. The exact reverse of the preceding two.

5 to 8. Repeat the preceding four, the clubs rising on the 8th count into Ir and Ol.

36.

The correspondent of the preceding.

37.

1. Qr and Jl.

2. Qr and IUl.

3 to 8. Continue the preceding two, except that 8th count is OUr and IUl, both clubs halting when pointing horizontally to the left.

38.

The correspondent of the preceding.

39.

1. Qr and Jl.

2. OUr and IUl.

3 to 8. Continue the preceding two, ending as in Measure 37.

40.

The correspondent of the preceding, except that there is no halting of right club at the end of the measure.

41.

Throughout this measure right club executes J and IU alternately, while left club executes IU and J alternately, clubs halting on last count, left club pointing horizontally to the left, right club horizontally to the right.

42.

Throughout this measure right club executes Q and OU alternately while left club executes OU and Q alternately, left club at the conclusion of the measure passing over the head and rising into the next movement.

43.

In this measure the left club executes I and J alternately while the right club executes Q and O alternately, the movement halting on the last count as the left club is passing slowly up the left and the right club slowly down the right. (This movement is called "The Windmill," and is one of the prettiest in the whole series of Indian club exercises. It will be found necessary, in ex-

ecuting it, to follow the "inner" club a little more closely with the other than is indicated above, in order to keep the clubs from colliding over the head. The effect of this movement may be heightened somewhat by retarding the count occasionally.)

44.

Reverse the preceding movement (beginning slowly) — timing it so that counts 2 to 8 will be the correspondent of counts 2 to 8 of the preceding measure.

45.

1 to 4. The correspondent of 1, 2, 7 and 8 of the preceding measure.

5 to 8. The correspondent of the preceding four.

46.

Oscillate the clubs through short and gradually lessening arcs, until they rest, about the middle of the measure, pointing horizontally in opposite directions. Allow them to remain stationary until the 8th count, when they execute Qb, arms still extended.

47.

1. Left hand movement same as in 2 of 21; right hand movement its correspondent.

2. Jb, arms and clubs extended vertically upward at conclusion of the movement.

3 to 8. Cause the hands to describe two parallel semi-circles to the front (shoulders as centers, arms as radii) executing Mb at the beginning of each one-sixth of the distance traversed.

48.

1. Mb, with the hands extended straight downward at the sides.

2. Same as the preceding, except that the clubs come up between the arms and sides.

3 and 4. Repeat the preceding two.

5. Pendulum the clubs to the rear and tap them behind the back.

6. Pendulum the clubs to the front and toss them upward with a whirl, the handles passing under to the front and over toward the rear.

7. Catch clubs and execute Mb.

8. Pendulum the clubs up under the arms, press the arms down over them and hold them there.

ONE-HAND SERIES.

(This makes a very pretty encore movement.)

In tossing the club endeavor to make it preserve its horizontality during its ascent from and return to the hand.

A “whirl” of the club will be understood to mean a single revolution, in which the handle passes under away from the hand and over toward the hand.

Performer in position.—Club in right hand, held as at beginning of two-hand series.

1.

1. Q, ending with club held squarely over the head, pointing upward.

2. I, ending with club pointing horizontally to the right.

3. Pendulum to the left, behind the shoulder, (without lowering the hand), ending as in Count 1.

4 to 6. Continue this series.

7. Pendulum to left (as in 3) and execute Q.

8. O, ending with club extended horizontally to the left, where it is grasped by the left hand.

2.

This measure is the correspondent of the preceding, with the exception of the slight apparent difference on first count, and of the execution of O in full on last count.

3.

1. Jr (notice the change of hands).

2. Ql.

3. Ol.

4 to 6. Repeat the preceding three, club extending horizontally to the right at conclusion of last count.

7. Qr (as in 3 of 1).

8. Or.

4.

The correspondent of the preceding.

5.

1 and 2. Same as 1 and 2 of 3, ending with club passing over the head, extended horizontally to the right.

3. Drop the club downward and to the left, concluding as in I.

4 to 6. The correspondent of the preceding three.

7 and 8. Continue the preceding series.

6.

Continue the preceding series.

7.

1 to 7. Qr alternating with Jl.

8. Or, ending with club extended to the left, somewhat above the horizontal, where it is grasped by the left hand.

8.

The correspondent of the preceding, except that club is horizontal at conclusion of measure.

9.

1. Q (as in 3 of 1).

2 and 3. Pendulum to the left, executing OL on the way, and ending with club pointing horizontally to the left, hand in position for the next movement.

4. IU.

5. Pendulum to the right.

6. Q (as in 3 of 1).

7 and 8. Pendulum to the left behind the back, executing OB on the way, and grasping club with left hand as it rises.

10.

The correspondent of the preceding.

11 and 12.

Repeat the preceding two.

13.

1. Pendulum to the left, and toss.

2. Catch club in left hand and execute Q.

3 and 4. The correspondent of the preceding two.

5 to 8. Repeat the preceding four.

14.

The same as the preceding measure, except that the club is whirled instead of being tossed.

15.

The same as 13, except that the hand passes behind the back instead of in front.

16.

The same as the preceding, except that the club is whirled instead of being tossed.

17.

1. Same as 1 of 15.

2. Catch in right hand and pendulum to the right.

3 to 6. Continue the preceding two.

7 and 8. Same as 1 and 2 of 15.

18.

The correspondent of the preceding.

19 and 20.

The same as 17 and 18, except that club is whirled instead of being tossed.

21.

1. Pendulum to the left and toss over shoulder.

2. Catch with right hand, passed behind the back, and pendulum to the right.

3 to 6. Continue the preceding two.

7 and 8. Same as 1 and 2 of 13.

22.

The correspondent of the preceding.

23 and 24.

The same as 21 and 22, except that club is whirled instead of being tossed.

25.

1. Pendulum to the left, club at conclusion of movement passing over the head, extended horizontally to the left.

2. J.

3. M.

4. Pendulum to the rear and pass to left hand.

5. Pendulum to the front—a quarter of a circle beyond the horizontal, allowing the club to incline to the right as the movement is completed.

6 to 8. The correspondent of 2 to 4.

26.

1. Pendulum to the front and double-whirl.

2. Catch and pendulum to the rear.

3 to 8. Continue the preceding two.

27.

1. Same as 1 of the preceding, except that the swing is inclined to the left at the conclusion of the movement.

2 to 8. The correspondent of 2 to 8, of the preceding.

28.

Alternate the double-whirl to the right and then to the left.

29.

1. Pendulum to the front and whirl, so that handle will descend between the arm and side.

2. Catch with right hand, passed behind the back, and pendulum to the rear and right.

3 and 4. The correspondent of the preceding two.

5 to 8. Repeat the preceding four.

30.

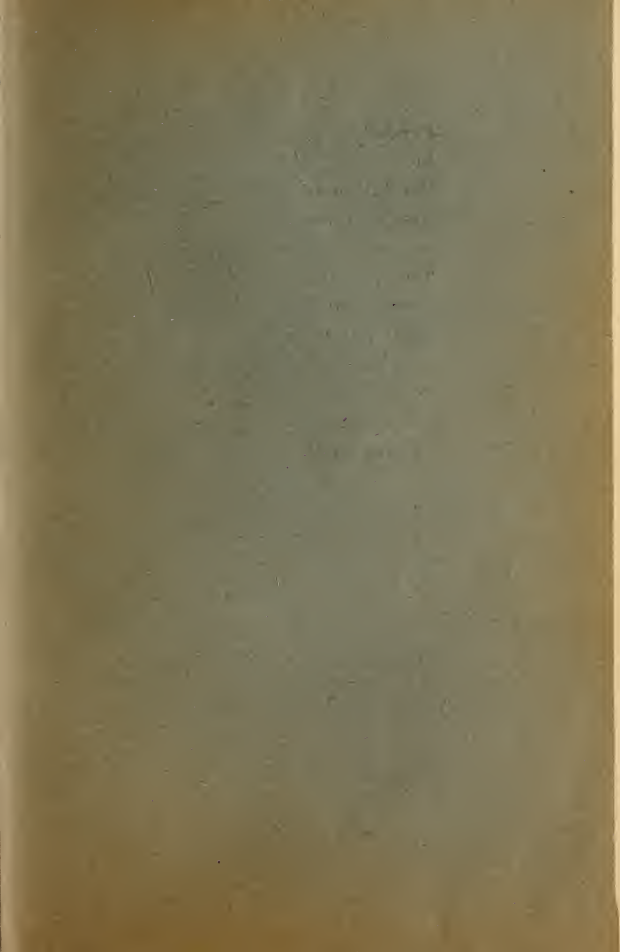
1. Pendulum to the front.

2. M.

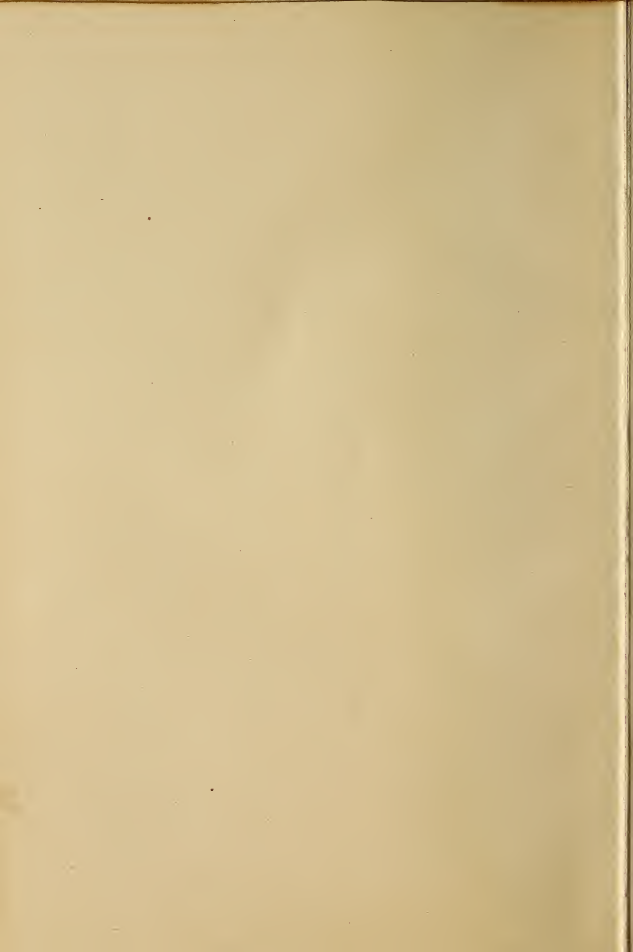
3. Pendulum to the rear — turning the hand to the inside and carrying it (without lowering) to the arm-pit — and whirl club over the shoulder and well to the front.

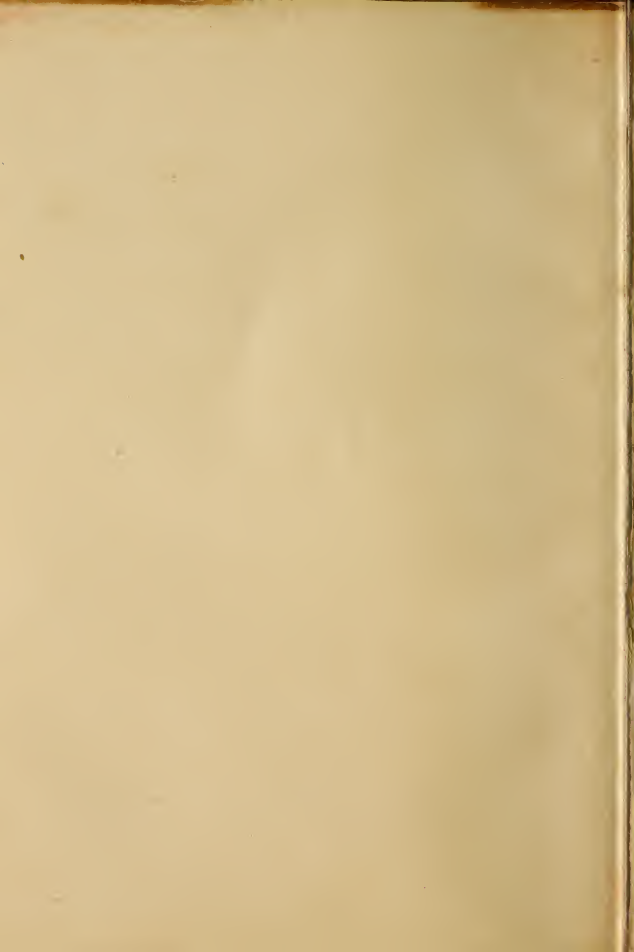
4. Catch club, pendulum to the rear and pass to the right hand.

5 to 8. The correspondent of the preceding four, except that on last count performer and club, at the catch, should be in position as at the beginning of Measure 1.



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